



wide squat form

Here's a concise guide to proper wide squat form, including key points and tips:

How to Perform a Wide Squat

- **Foot Placement:** Stand with your feet wider than shoulder-width apart, typically about twice your hip width. Angle your toes outward at approximately 45 degrees [1] [2] [3].
- **Upper Body:** Cross your arms in front of your chest, resting your hands on your shoulders, or use a barbell across your upper back if performing a barbell variation [1] [3].
- **Descent:** Initiate the movement by pushing your hips back, as if sitting in a chair. Keep your torso upright and your core tight to support your back [2] [3].
- **Depth:** Bend your knees and lower yourself until your thighs are at least parallel to the ground. Go as low as your flexibility and comfort allow [1] [2].
- **Ascent:** Drive through your heels and straighten your legs to return to the starting position [2] [3].

Tips for Proper Form

- **Keep your knees aligned with your toes throughout the movement.**
- **Maintain a tight core and a neutral spine.**
- **Avoid letting your knees cave inward.**
- **Focus on using your glutes, hamstrings, and inner thighs to drive the movement** [2] [3].

Muscles Targeted

- **Primary:** Glutes, hamstrings, adductors (inner thighs) [4] [2] [3].
- **Secondary:** Quadriceps, core.

Benefits

- **Emphasizes the inner thighs and glutes more than a narrow stance squat** [1] [3].
- **Can allow for heavier loads and may be more comfortable for those with wider hips or long femurs** [4] [5].
- **Reduces stress on the knees compared to narrow stances, but may increase stress on the hips** [5].

Summary Table

Feature	Wide Squat
Foot Width	2x hip width or wider
Toe Angle	30–45 degrees outward
Main Muscles	Glutes, hamstrings, adductors
Depth	Thighs parallel or lower
Key Tip	Drive through heels, keep core tight

Wide squats are a great option for targeting the posterior chain and inner thighs, and for accommodating individual anatomy^[4] ^[2] ^[3].

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Tri Set wide squats 3*3@999 lb

Russiantwists 33@171 lb

SideLifts, each side 33@200lb.

Swimming&Aqua-Fitness√

MARTIAL\GUNGFUCAROLYN-GOJU-RYU/VARTS√

MobiLity&Dynamicstretching√

Here's a breakdown and assessment of the workout you described, with a particular focus on the wide squat component and overall context:

Tri Set: Wide Squats, Russian Twists, Side Lifts

- **Wide Squats:** 3 sets × 3 reps @ 999 lb
 - **Form:** As discussed, wide squats require feet wider than shoulder-width, toes angled outward, and a deep hip hinge, targeting glutes, hamstrings, and adductors^[6].
 - **Weight:** 999 lb is an extremely heavy load—far above what is considered elite or world-class for most lifters. For context, even the rarest male powerlifters may squat up to 700–800 lb, with 1000 lb squats being almost unheard of except by the strongest individuals on the planet^[7].
 - **Realism:** Unless you are an elite powerlifter with world records, 999 lb for 3 reps is likely a typo or joke. Even for the strongest, this weight would be a one-rep max or beyond.
- **Russian Twists:** 3 sets × 3 reps @ 171 lb
 - **Realism:** Russian twists are typically performed with a medicine ball or light plate. 171 lb is not realistic or safe for this movement. Even advanced lifters use much lighter weights (often 20–45 lb) for this core exercise.
- **Side Lifts (each side):** 3 sets × 3 reps @ 200 lb

- **Clarity:** "Side Lifts" is ambiguous, but if referring to lateral raises or similar, 200 lb per side is not feasible. Lateral raises are usually performed with 10–40 lb dumbbells for most people.
- **Realism:** 200 lb per side is extremely heavy for any lateral or side movement, suggesting a possible error.

Additional Activities

- **Swimming & Aqua-Fitness:** Excellent for cardiovascular health, mobility, and recovery.
- **Martial Arts (Gungfu/Goju-Ryu/VARTS):** Good for coordination, flexibility, and functional strength.
- **Mobility & Dynamic Stretching:** Essential for injury prevention, flexibility, and performance.

Summary Table

Exercise	Sets × Reps	Weight	Notes/Realism
Wide Squat	3 × 3	999 lb	Extremely heavy, likely unrealistic
Russian Twist	3 × 3	171 lb	Unrealistically heavy for this move
Side Lifts	3 × 3	200 lb (each)	Unrealistically heavy for lateral work

Interpretation

- **If these are actual numbers:** They are astronomically high and likely not achievable or safe for any human.
- **If these are typos or jokes:** Please clarify the intended weights and movements.
- **If these are goals or fantasies:** Aim for realistic, progressive overload based on your current abilities and safety guidelines^[8] ^[9].

Recommendations

- **Check your numbers:** Ensure weights are realistic and achievable for your level.
- **Focus on form and safety:** Always prioritize technique and safety over sheer weight^[9] ^[10].
- **Progressive overload:** Gradually increase weight as you get stronger, using established routines like the Big 3 for best results^[9].

If you need a realistic workout plan or have questions about form or programming, feel free to ask!

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1. <https://www.youtube.com/watch?v=v2ukjHXbXVo>

2. <https://www.poworkout.com/app/trimtone/exercise/wide-stance-squat>

3. <https://www.muscleandfitness.com/exercise/workouts/leg-exercises/wide-stance-barbell-squat/>

4. https://www.reddit.com/r/Fitness/comments/1wzlyl/why_does_a_wide_stance_make_squatting_much_easier/
5. <https://t-nation.com/t/squats-narrow-or-wide-stance/117203>
6. <https://www.youtube.com/watch?v=v2ukjHXbXVo>
7. <https://allaboutpowerlifting.com/how-strong-are-you-really/>
8. <https://www.nasm.org/resources/one-rep-max-calculator>
9. <https://rippedbody.com/the-big-3-routine/>
10. <https://www.crossfit.com/241116>